

Sweet Nothings

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Diabetes Self-Management Course Improves Health

Researchers have found that when adults with type 2 diabetes followed an individually tailored self-management program, they were better able to reduce both their weight and blood pressure, and maintain these benefits over time.

In the Dutch arm of an ongoing type 2 diabetes treatment study, Dr. Bart Thoolen of Utrecht University and colleagues followed 196 patients with recently diagnosed type 2 diabetes who were between 50 and 70 years old and who were currently receiving either usual or intensive medical diabetes management. In contrast to non-participants, patients who followed the course were successful in making and maintaining changes in their self-care and experienced significant improvements in their physical health.

Some of the patients were randomly assigned to participate in a three-month proactive self-management course to help them tackle problem areas in their diabetes care, while others were not. The course included two (1-hour) individual sessions and four (2-hour) biweekly group sessions led by a trained nurse. The sessions hit on topics such as the importance of diet, exercise, medications, and goal setting.

Nine months after completing the self-management course, participants had a net reduction in body mass index of 0.39, while non-participants had a net increase in body mass index of 0.38, the investigators report in *Diabetes Care*.

Patients who got both the self-management course and intensive medical care achieved the lowest systolic blood pressure (the top number in the reading) -- 128.3 millimeters mercury on average, of all the patient groups. By comparison, patients receiving only usual care had an average systolic blood pressure of 144.9 millimeters mercury.

Combined self-managed and intensive medical care was also associated with improved control of blood sugar and cholesterol, the investigators report. Thoolen thinks a self-management course that emphasizes realistic goal-setting and planning to achieve lifestyle change can be a valuable addition to medical care for patients with diabetes.

Diabetes Care, November 2007.

Diabetes and Kidney Disease

More than 100,000 people in the U.S. each year are diagnosed with kidney failure, a serious condition in which the kidneys fail to rid the body of wastes. Diabetes is the most common cause of kidney failure, accounting for nearly 45 percent of new cases. About 18 million people in the United States have diabetes, and more than 150,000 people are living with kidney failure as a result of diabetes.

While both types of diabetes can lead to kidney disease, type 1 diabetes is more likely to lead to kidney failure. Twenty to 40 percent of people with type 1 diabetes develop kidney failure by the age of 50. Intensive management of blood glucose has shown great promise for people with type 1 and type 2 diabetes, especially for those in early stages of nephropathy.

<http://kidney.niddk.nih.gov/kudiseases/pubs/kdd/index.htm>

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Data reports are due the 5th of each month

REMEMBER!

You must see and collect data on at least 15 patients by March 5 in order to be included on the application for recognition.



Get Back on Track After the Holiday Season!

Submitted by Joanne Rinker, MS, RD, CDE

The holiday season has ended, and as we enter a New Year there are lots of things we can do to get back on track. With all the shopping insanity, family bonding and neighborly cheer it can get to the point where you just want all the togetherness to end. But, decompressing as the holiday season comes to a close can be easier said than done. What is important is that you do make changes to improve your health, your weight and your blood sugar. So what can you do to find serenity? How do you effectively wind down from the holidays? Here are 4 things you can do starting now to help you reach your goals.

GET MOVING!

Now is as good a time as any to get physically active, and the benefits of doing so are well established. Exercise releases endorphins, which provide your body with a natural sort of high and triggers feelings of happiness and satisfaction. There is no better way to banish stress than exercising. This is also the time when you can find the best deals if you have been considering joining a gym. But, choose a gym that is close to home and one that hours that work with your schedule; otherwise, you will not put that membership to good use. All you need is 30-60 minutes of exercise daily to see an increase in muscle mass, decrease in weight and blood sugar and an overall improvement in your health.

VOLUNTEER TO HELP THOSE IN NEED.

Charity is very good for the soul, and although the holiday season traditionally inspires people to help those less fortunate than themselves there is always important work that needs to be done. Even when helping means working, it is as beneficial for those who offer the assistance as it is to those who receive it. Helping, like exercise, releases endorphins that increase your overall level of happiness. So lend a helping hand wherever and whenever you can. Even though doing work may seem like a funny way to relieve stress, it is well-documented that charitable behavior is a serious stress-buster.

EAT MORE VEGGIES!!

Find new ways to add vegetables into your meals. This will decrease calories and carbohydrates in that meal. Be sure to use only oil, spray butter or low-fat salad dressings as fats to prevent turning a healthy food into an unhealthy one! If you want to trick your kids, try pureeing veggies into sauces and soups, throw some diced veggies into mac and cheese, stews, hamburger helper and sloppy joes. This will stretch your meal and give your family the vitamins, minerals and fiber they need. The goal is 2 ½ cups of veggies daily. Be sure to have at least 1 cup at lunch and dinner to work toward this goal.

GO TO A MOVIE.

Movies are a way for family and friends to be together while still having alone time. Social scientists call things like movie watching "isolating social activities." That is, they are activities that allow people to spend time together without some of the normal stresses of social interaction. During the holidays we can literally overload on socializing, but going to a movie with friends or family can allow you some much-needed down time while still maintaining the appearance of being social. In terms of stress management, it can be a very valuable coping behavior. So rally the troops and head down to your local movie theater for some together time that also gives you a break from the pressures of being social. Just remember to stay away from the concession stand. Skip the 1,000+ calorie popcorn and bring your own trail mix. Mix ¼ cup peanuts, ¼ cup raisins and 1 tablespoon dark (70%) chocolate chips. Enjoy this snack with a bottled water or diet drink.

Obesity Conference

Obesity Treatment and Prevention: Obesity and Type 2 Diabetes, what's the connection?

March 27-29, 2008 - Orlando, Florida

To register, go to www.contemporaryforums.com or call 800-377-7707.

New Online Program on Obesity

A new slide deck has been launched as a CME program on Obesity Online.

In this new slide talk, Rebecca M. Puhl, PhD, and Kelly Brownell, PhD, present the growing body of scientific evidence which demonstrates that weight bias among healthcare professionals has serious, negative impacts on the quality of healthcare services provided to overweight and obese patients in healthcare facilities. They also discuss what providers can do to reduce any bias which they may have in their practice.

This educational CME activity has been approved for AMA PRA credit. All CME activities on this site are available free of charge.

www.obesityonline.org





Guide to Oral Diabetes Medications

Submitted by Joanne Rinker, MS, RD, CDE

A person with diabetes may have to take two or three different types of medications to control blood sugar adequately. Here is a refresher on what all the pills do!

Sulfonylureas: These drugs cause the pancreas to make more insulin. Some examples of sulfonylurea drugs are chlorpropamide (Diabinese), tolazimide (Tolinase), tolbutamide (Orinase), glipizide (Glucotrol), glyburide (Micronase, DiaBeta, Glynase) and glimepiride (Amaryl). Follow your doctor's instructions about how often to take your sulfonylurea drugs. Take these pills 30 minutes before a meal. If you forget a dose, do not double the next dose. The sulfonylurea pills can cause a low blood sugar.

Biguanides: By slowing the release of sugar by the liver, these drugs improve the way the body uses sugar. An example of a biguanide is metformin (Glucophage). Follow your doctor's instructions about how often to take metformin. Take this pill with meals. If you forget a dose, do not double the next dose. This pill may cause mild stomach upset, but this discomfort usually goes away after you take the drug for awhile.

Alpha-glucosidase inhibitors: Pills of this kind slow down the digestion of sugar so not as much sugar gets into the blood at one time from your food. Examples of alpha-glucosidase inhibitors are acarbose (Precose) and miglitol (Glyset). Follow your doctor's instructions about how often to take these drugs. Take these pills with the first bite of the meal. If you forget a dose, do not double the next dose. These pills can cause bloating, gas and diarrhea.

Meglitinides: These help the pancreas make more insulin. An example of a meglitinide is repaglinide (Prandin). Follow your doctor's instructions about how often to take this drug. Take this pill within 30 minutes before meals. If you forget a dose, do not double the next dose. This pill can cause low blood sugar.

D-phenylalanines: These drugs help stimulate a rapid increase of insulin from the pancreas. An example is nateglinide (Starlix). Follow your doctor's instructions about how to take this drug. Take this pill with meals. If you forget a dose, do not double the next dose. This pill can cause low blood sugar.

Thiazolidinedione: These drugs help muscle cells use sugar more effectively. Examples of thiazolidinedione drugs are pioglitazone (Actos) and rosiglitazone (Avandia). Follow your doctor's instructions about how often to take these drugs. If you forget a dose, do not double the next dose. Take these pills with meals. The doctor may do a blood test to check on your liver function when you are taking these pills.

10 Reasons to See a Registered Dietitian

1. *You have diabetes, cardiovascular problems or high blood pressure.* A Registered Dietitian (RD) can help you safely change your eating plan without compromising taste or nutrition.
2. *You are thinking of having or have had gastric bypass surgery.* An RD can help you learn to eat again. Since your stomach can only manage small servings, it's a challenge to get the right amount of nutrients in your body.
3. *You have digestive problems.* A registered dietitian will work with your physician to help fine-tune your diet so you are not aggravating your condition with fried foods, too much caffeine or carbonation.
4. *You're pregnant or trying to get pregnant.* A registered dietitian can help make sure you get nutrients like folate, especially during the first three months of pregnancy, lowering your newborn's risk for neural tube or spinal cord defects.
5. *You need guidance and confidence for breastfeeding your baby.* A registered dietitian can help make sure you're getting enough iron, vitamin D, fluoride and B vitamins for you and your little one.
6. *Your teenager has issues with food and eating healthfully.* An RD can assist with eating disorders like anorexia, bulimia and overweight issues.
7. *You need to gain or lose weight.* An RD can suggest additional calorie sources for healthy weight gain or a restricted-calorie eating plan, plus regular physical activity for weight loss while still eating all your favorite foods.
8. *You're caring for an aging parent.* An RD can help with food or drug interaction, proper hydration, special diets for hypertension and changing taste buds as you age.
9. *You want to eat smarter.* An RD can help you sort through misinformation; learn how to read labels at the supermarket; discover that healthy cooking is inexpensive, learn how to eat out and how to resist workplace temptations.
10. *You want to improve your performance in sports.* An RD can help you set goals to achieve results — whether you're running a marathon, skiing or jogging with your dog.



Recipe of the Month

Low-Fat Vegetable Quiche



Ingredients

- ½ cup sliced fresh mushrooms
- 1 box frozen, drained spinach
- ½ cup diced green peppers
- ¼ cup minced yellow onion
- 1 tender chopped celery
- 1 whole thin sliced carrot
- 6 slices crisp drained turkey bacon
- ½ cup 2% milk sharp cheddar cheese
- ¾ cup low-fat mozzarella cheese
- ¼ cup grated Parmesan cheese
- 1 cup egg substitute
- 1 whole egg
- 2 ½ cups low-fat milk
- ⅓ cup *Bisquick* baking mix if using 4 to 5 eggs
- Salt, pepper, and parsley to taste

Preheat oven to 375 degrees. Whip eggs and milk together in a blender. Whip in *Bisquick*. Boil vegetables lightly, then drain off water. In a large bowl, gently mix vegetables and batter together. Stir vegetables gently while adding low-fat white and cheddar cheeses. Add bacon broken into bite-size pieces. Add minced onion. Pour into 9 x 13 x 2-inch glass baking dish. Add a sprinkle of Parmesan cheese on top before baking. Bake at 375 degrees for 25 to 30 minutes. Add parsley and Parmesan cheese on top after baking. Serve warm, cut in rectangular sections. Serve with homemade whole wheat bread.

Serves: 6

315 calories, 5 grams of fat, 10 grams of protein, 2.5 grams of fiber, 15 grams of carbs

A Winning Game Plan for Your Super Bowl Party

Super Bowl Sunday is filled with food, festivities and fun — not to mention football. Party hosts: mix up your play calling and serve your fellow fans foods that are tasty, filling and nutritious.

This year, try some super meal-time tips to make you look like the star of the game.

- Kick off with fresh vegetables and low-fat dip, fruit kabobs, whole-grain breads and a variety of lean meats for sandwiches.
- During the second half, snack on popcorn, pretzels with mustard dip, baked tortilla chips and salsa, apple slices and low-fat caramel dip.
- Post-game, offer your guests fruit parfaits or angel food cake with chocolate sauce.

You can have a great time watching the Super Bowl without fumbling your diet:

- Have a small snack before going to a party. Going out hungry often results in overeating.
- Use a plate for even the smallest snack. You'll eat less.
- Moderate your alcohol intake. Alcohol causes blood sugar to drop, which leads to hunger.

Whether you are host or guest, home team or visitors, keep a food plan in mind and be a winner, no matter which team comes out on top.



www.diabetes.org



Division of Public Health
Chronic Disease and Injury Section
Diabetes Education Recognition Program
1915 Mail Service Center
Raleigh, NC 27699-1915

Laura Edwards, RN, Program Coordinator
Phone: 919-707-5376
Fax: 919-870-4801
E-mail: Laura.Edwards@ncmail.net

Joanne Rinker, MS, RD, CDE, Education
Specialist
Phone: 919-707-5349
Cell: 919-218-8219
Fax: 919-870-4801
Email: Joanne.Rinker@ncmail.net

Brenda Brogden, Administrative Assistant
Phone: 919-707-5346
Fax: 919-870-4801
Email: Brenda.Brogden@ncmail.net

Providing Quality Comprehensive Diabetes
Self-Management Education to Empower
Persons With Diabetes

www.ncdiabetes.org

Don't Forget.....

To submit copies of proof of continuing education to Brenda Brogden

RESOURCES

Continuing Education

Assessing Health Literacy in Clinical Practice

Go to the Medscape Nurses MedPulse and register free of charge to view the link below:

www.medscape.com/viewprogram/8203?src=mp

CEU opportunity for all disciplines:

http://professional.diabetes.org/Meetings_Generallist.aspx

3 Day Prep Course for CDE Exam:

www.diabeteseducator.org/ProfessionalResources/products/view.html?target=35&sub1=F2F&sub2=Educational%20Conferences

CEUs offered through North Carolina Dietetic Association for RDs:

www.eatrightnc.org/continuinged.htm

ADA Advisory Committee and Program Staff Meeting

March 19, 2008

9:00 a.m.—12:00 Noon

Hickory Room

5505 Six Forks Road

Raleigh, NC



ADA Advisory Committee Annual Meeting

June 18, 2008

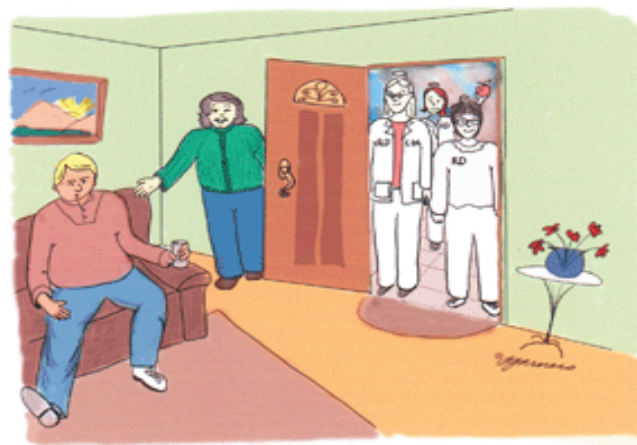
9:00 a.m.—12:00 Noon

Hickory Room

5505 Six Forks Road

Raleigh, NC

New Year's Resolution



"I invited some dietitians over to help us with our New Years resolution."

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